

Take Action At the Office



Recycle glass, paper, aluminum and plastics.

Buy recycled paper products and supplies.



Telecommute if possible.

Turn down the air conditioning.

Shutting off your computer at closing time will reduce its carbon dioxide emissions by 83%.



Install a programmable light timer that reduces light usage during off-peak hours.

Install a programmable thermostat and talk to your employer about other ways to save energy at work.

Sources:

- An Inconvenient Truth - www.climatecrisis.net/takeaction/whatyoucando/
- TIME Magazine, April 9, 2007 (pg. 70-100)

Take Action Inside the Home



Get a home energy audit to find out if your home is poorly insulated or energy efficient. Many utility companies offer this service for free. Go to www.energystar.gov for more information or contact your local utility company.



Replace a regular incandescent light bulb with a compact fluorescent bulb (CFL). Check for possible rebates from your utility company.

Move your thermostat down 2° in the winter and up 2° in the summer.



Clean or replace filters on your furnace and air conditioner.

Install window shading.

Install a programmable thermostat. You can save 3% of your monthly energy usage.

Look for the Energy Star® label when choosing appliances.

Use less hot water, by installing a low flow showerhead and washing your clothes in cold or warm water, instead of hot water.

Turn off and unplug appliances not in use. Avoid using your appliances during peak hours, from 4pm to 6pm.

Turn down the thermostat on the water heater and wrap your older model with a water heater blanket.

Switch to Green Power. In many areas, you can purchase energy generated by clean, renewable sources such as wind and solar. To find out what is available in your neighborhood, contact the Green Power Network: www.eere.energy.gov/greenpower



Mary Hayashi

Assemblymember, 18th District

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Everyone is talking about Global Warming

Take Action

Reduce your
Carbon Footprint





California State Assembly

MARY HAYASHI

ASSEMBLYMEMBER, 18TH DISTRICT

Dear Neighbor,

Reducing the effects of global warming and climate change may be the most important issue of this generation. Assembly Bill 32 was signed into law to continue California's fight against climate change. Now, it is time to **take action**.

Whether you are at home, buying food, on the road or at work, the energy you use in your daily life has an impact on climate change. This is also known as your **carbon footprint**, the effects of which can be seen almost everywhere: *glaciers are melting; warmer seasons are becoming longer; and there are more severe storms and droughts.*

Combating global warming may seem like an overwhelming task, but **there are many simple tips you can use** to reduce your carbon footprint. For instance, did you know that a compact fluorescent light (CFL) bulb uses 60% less energy than a regular bulb and can save you money on your monthly energy bill? Also consider using recycled paper products. It takes 70%-90% less energy to make recycled paper and it helps to save trees.

This brochure provides a variety of tips on how to cut back on the energy you use in your daily life and includes many helpful resources.

For more information on how you can reduce your carbon footprint, please contact the Assembly District Office at (510) 583-8818.

Thank you.

MARY HAYASHI
Assemblymember, 18th District

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Resources for Action

California Agencies

California Climate Change Portal
www.climatechange.ca.gov

California Air Resource Board: Climate Change
www.arb.ca.gov/cc/cc.htm

California Climate Action Registry
www.climateregistry.org

California Environmental Protection Agency
www.calepa.ca.gov

California Energy Commission
www.energy.ca.gov

California Public Utilities Commission
www.cpuc.ca.gov

Federal Agencies

U.S. Environmental Protection Agency: Climate Change
<http://epa.gov/climatechange/index.html>

Energy Star (U.S. Environmental Protection Agency & U.S. Dept of Energy)
www.energystar.gov

U.S. Department of Energy: Green Power
www.eere.energy.gov/greenpower

Organizations

California Federation of Certified Farmers' Markets
www.cafarmersmarkets.com

International Council for Local Environmental Initiative
www.iclei.org

ICLEI: Government for Sustainability
www.iclei.org

Tips on How to Reduce Your Carbon Footprint

Take Action In The Kitchen



Support your local farmer. Buying locally will save fuel and keep money in your community. To find a farmer's market in your area, visit www.cafarmersmarkets.com



Buy fresh foods instead of frozen. Frozen food uses 10 times more energy to produce and deliver.



Avoid heavily packaged products and cut down on your garbage. Give back that extra napkin or sugar packet. Carry the gallon of milk by the handle instead of using a bag.

Buy organic foods. Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms.

BYOB, Bring Your Own Bag, when you visit the grocery store.

Clean your refrigerator's coils and give it some breathing room.

Take Action On the Road



Cut back on driving by walking, biking or taking public transportation.

Start a carpool with your coworkers, classmates or friends.



Keep your car tuned up and your tires properly inflated. Giving your engine a tune-up can improve gas mileage by more than 4%. Replacing a clogged air filter can boost efficiency by 10%. And keeping your tires properly inflated can improve gas mileage by more than 3%.



When purchasing a car, choose a fuel efficient vehicle.

Fly less. Consider whether meetings can be done by teleconference instead of face-to-face.

Travel Green. When going on vacation or on a business trip, take your "green principles" with you.

(clip and save)